



Recognizing our veterans

Quilts of Valour honours local heroes

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A new look

Farm retailer to undergo renovations

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Fundraiser to support guide dog program. See page 25

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Making a splash



The community celebrated the re-opening of the Kinsmen Pool this month. For more information see page 5.

Joseph Durd Special to The Times



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Quilts of Valour gives veteran 'a warm feeling'

Sarah Ferguson
Fort Erie Times

eight veterans presented with a handmade quilt Sunday afternoon at Royal Canadian Legion

Branch 71. With his quilt wrapped around his shoulders, Sisler was glad to be one of the

Burd Sisler was one of



Sarah Ferguson Fort Erie Times

Eight veterans were presented with quilts from Quilts of Valour on Sunday during a celebration at Royal Canadian Legion Branch 71 in Fort Erie. The non-profit organization honours veterans and men and women currently serving in the Canadian Armed Forces with handmade quilts. From left is Walter Pearce, Gladys Marie Cote, Burd Sisler, Harry Armstrong, Carl Baker, (back) Bertram Trail, James Wheeler and Pat Street.

recipients.

"It's a warm feeling (I have)," Sisler said. "It's nice that they gave all of us old fellows a quilt."

The 100-year-old Second World War veteran enlisted on Nov. 3, 1943 and served with the Royal Canadian Legion Horse Artillery and was later transferred to the Royal Canadian Electrical Mechanical Engineers until he was discharged on Nov. 27, 1946.

Recipients also included Harry Armstrong, 85, who enlisted in the 5th Armoured Division with the Irish Regiment of Canada and served in England, Italy, France, Germany, Holland and Belgium until he was discharged Sept. 27, 1945.

Carl Baker, 91, enlisted on March 13, 1942 and served in the Canadian Army with the Lorne Scotts. Baker served in England, France, Belgium, Holland and Germany until he was discharged on March 19, 1946.

Gladys Marie Cote, 89, enlisted on May 29, 1940 and served for five years with the Canadian Women's Army Corp until she was discharged in May 1945.

Walter Pearce, 96, enlisted with the Canadian Army Signal Corp in 1942 and served in Italy.

Pat Street, 78, served in the Royal Canadian Armed Forces from 1955 to 1958. She has held a number of positions in the Royal Canadian Legion and currently serves as vice president and branch service officer of Branch 71.

Bertram Trail, 82, enlisted in 1950 and served with the Princess Patricia's Canadian Light Infantry until he was discharged in 1980. He served in Korea and Canada.

James Wheeler, 82, enlisted in 1951 and served in Korea with the U.S. Army 7th Division, 31st FA. 17th Regiment. He was discharged in 1954.

Quilts of Valour is an organization that was created to recognize Canadians who have served, or are currently serving in the Canadian Armed Forces.

The organization was founded in 2006 when three seriously injured soldiers, who were recovering from injuries sustained in Afghanistan, received three handmade quilts. The quilts are made by volunteers and

distributed to veterans across Canada.

Recipients are given a quilt when a loved one or a friend steps forward and submits their name to a Quilts of Valour representative.

Romeo Daley, a Korean War veteran who was recently presented with his own quilt, said every veteran deserves a quilt of his or her own.

"I am still in awe of such an honour," Daley said about receiving his own quilt.

Daley is working with Quilts of Valour to see that more veterans are presented with the honour. "I want to find all of the Second World War veterans and the Korean War veterans because they are the oldest and continue until everyone who deserves a quilt has one."

He encourages anyone who knows a veteran who served in the Canadian Armed Forces to call Gina De Lorenzi, the leader of the Niagara Chapter of Quilts of Valour, at 905-685-0794 or e-mail her at ON-Niagara@quiltsvalour.ca.

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Pool reopens thanks to support from the community

Sarah Ferguson
Fort Erie Times

For the first time in three years, children are splashing around in the Kinsmen Pool.

It was reopened last week "thanks to the generosity of so many people," said Ward 2 Coun. Stephen Passero.

("The first day) was a very exciting time. It was the culmination of two years' work of

efforts and it was very cool to see people and their kids showing up with smiles on their faces and looking forward to lessons."

The pool would not have reopened without support from many local businesses, dozens of volunteers, and the Fort Erie Underwater Recovery Unit, who is currently operating the facility.

"To celebrate, we've decided to make all of the open swims

free of charge," Passero said.

A jar has been made available to accept donations in lieu of admission.

The Kinsmen Pool, which is more than 40 years old, was closed in 2012 following council's decision not to fund a replacement.

When the pool was first considered for closure a group of residents formed a fundraising committee, and started the Pool

Together Campaign, to advocate for reopening the pool and eventually see the construction of a new aquatic facility.

Over the course of the last few months, the aquatic facility has received a new roof and undergone "a very labour intensive process to rehabilitate it."

"We've done everything very well to rehabilitate the pool and the structure. We could easily get another five to seven

years but we need to start planning for what happens in the future.

Passero said he will work with his fellow councillors at budget time to ensure funds are set aside over the next few years to help fund a new pool.

For more information about swimming lessons and pool hours visit www.forteriepool.com.

Sarah.ferguson@sunmedia.ca

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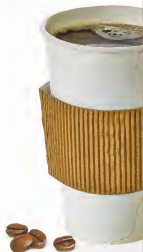
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Sarah Ferguson Fort Erie Times

A new 8,000 square-foot retail space will replace the Minor Brothers Country Living storefront that burnt down in March. The silos, which are more than 40 years old, will be removed to make room for the new building.

Stevensville farm supply retailer to undergo renovations

Sarah Ferguson
Fort Erie Times

Minor Brothers Country Living, a farm supply retailer in Stevensville, is undergoing renovations much sooner than expected.

"We thought we would renovate and do something with the property at some point," said retail operations manager Brian Fader. "The fire that we had expedited that (plan)."

Plans to renovate the property were not even considered when the original Minor Brother's Building burned down in March.

"We had absolutely no plans. Doing renovations to the property was a five-year goal. It wasn't even in the works yet (at the time of the fire)."

Following the fire, staff converted a portion of the warehouse into retail space.

Plans for the new facility include adding more loading space for vehicles, a covered loading area, the construction of an 8,000 square-foot storefront and another 3,000 square-foot warehouse in addition to what is standing on the site now.

All but one of the long-standing silos, which are more than 40 years

old, is in the process of being demolished.

"It was a liability concern. We did come to an agreement to save one silo, the largest and the tallest one," Fader said. "We wanted to maintain those agricultural roots of Stevensville but it just wasn't feasible to save them all."

Preliminary plans also include the construction of a barn with a hip roof design.

"People will walk into our new building with an old-school design and our behind it, they will be able to see the silo."

According to Fader the demolition of the silos and old building began two weeks ago and will take another two weeks to complete.

"We're currently working on getting permits and site plan approval from (The Town of Fort Erie, Fader said.

If the project is given the green light from the Town, Fader expects the new facility to open early in 2016.

"I foresee us getting permits in the wintertime and as soon as the frost leaves the ground, shovels will be in the ground."

sarah.ferguson@sunmedia.ca



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Support for the Kinsmen Pool

Special to The Times

After learning that admission to the Kinsmen Pool was by donation, Joe Fiannaca stopped by on opening day with a cheque for \$1,000. Stephen Passero accepted the donation on behalf of the Kinsmen Pool. He was accompanied by Carol Rose Fiannaca and lifeguards from the Boys and Girls Club.

► POLICE BRIEF Five arrested for home invasion

Five people are under arrest and one person was taken to hospital for treatment of what police said were minor injuries following a home invasion early Monday.

The home invasion took place inside a Barker Street home in Niagara Falls. Police said suspects entered the home with a replica firearm and another weapon.

Police are not disclosing what was taken during the robbery, but would only say "some items were taken from the house."

Niagara Regional Police received a call at about 2 a.m. regarding a disturbance inside the home, which is located a short distance from Main Street. Yellow police tape surrounded the home on Tuesday and an unmarked police vehicle remained parked in front of the two-storey residence.

"A firearm was seen, but no shots were fired," said NRP Staff Sgt. Luigi Greco, who remained at the scene Tuesday while other officers continued to gather evidence at the home, and also a short distance away near Culp Street. Members of the Emer-

gency Task Unit, the canine unit and the Forensic Services Unit were all involved in searching several areas that were related to the investigation.

"Three people were arrested within the first few minutes of police arriving at the scene," said Greco. Two others were located later and were taken into custody.

"Some other weapons were also seen, but we will not be disclosing any of that information at this time," said Greco. "Some physical evidence has been found. A victim sustained minor injuries, cuts and bruises, and was taken to hospital for treatment."

Police are asking residents to give them a call if they locate any suspicious items. Two of the people arrested for robbery, both from Cambridge, are 16 and 17 years of age and cannot be identified.

Two others, Christopher Aragon, 18, and Dennis Rodriguez, 21, also from Cambridge, and Justin Taylor, 21, of Niagara Falls, are all charged with robbery. Rodriguez and Taylor are also charged with failing to comply with conditions of their probation.

All five accused were held in custody pending their bail hearings in St. Catharines court.

Comment



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The
Fort Erie Times

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Point of View

It's time for hard questions and serious debate

No one should be overly surprised former Niagara Falls MPP and current city councillor Kim Craitor decided to take a pass on running for the NDP in next month's federal election. Craitor's sudden and vaguely explained departure from Queen's Park would surely have been a question he didn't want to deal with. So in his stead, Carolyn Ioannini, another city councillor, has secured the nomination, with Craitor, the one-time Liberal, introducing her at this week's meeting.

This could actually make the Niagara Falls riding campaign, which includes Niagara-on-the-Lake and Fort Erie, interesting for a change.

Even if incumbent Rob Nicholson is in the end successful, we're curious to see if Ioannini actually makes him work for it.

In a story last week, Ioannini proclaimed she "doesn't do BS very well." Of course, we know all politicians do, in fact, have a certain supply of BS on which they are ready to draw if needed. However, we will give Ioannini credit for being unafraid to ask questions. She has demonstrated that week after week during Niagara Falls council meetings, pounding away at staff and colleagues alike when there is a topic she doesn't understand, like or agree with.

She needs to maintain that

approach, because she could bring to this race exactly what it needs: someone who is willing to come out with hard, bold questions that lead to serious debate.

Nicholson, the current minister of foreign affairs, should be called upon to defend both the platform of the prime minister and his own record as a local MP. What has he done for his riding? More importantly, what are his specific goals for the riding during the next term?

This is where politicians are often tripped - the pesky vision thing. Fortunately for them, they aren't often called on it. It's not an easy thing to articulate when constituents complain about infrastructure, unemployment or health care - and want it all fixed with out taxes going up.

Still, that's their job. And while Nicholson has to run on his past and future, Ioannini and Liberal hopeful Ron Planché need to do more than hammer endlessly about the need for change in Ottawa. What does that mean? What have they done, or what would they do, if they wound up as MP? What would their riding look like under their guidance?

No one has presented much of a solid vision on which they can be judged by voters. We're hoping that changes over the next few weeks.

—Postmedia Network

Do You Remember?



All we know about last week's photo of the young lady running along the Niagara Boulevard was that it was taken in 1981 near the International Railway Bridge. We were always interested in learning more about this or any other Do You Remember photo.

This week's photo bears a date stamp of Sept. 1981. If you recognize any of the girls in the parade please call the Fort Erie Historical Museum at 905-894-5322 or e-mail us at museum@forterie.on.ca.

Choice of films includes drama, comedy

Amy Roebuck Special to the Times

The films for adults at the Fort Erie Public Library range from drama to comedy to documentary, so there is sure to be something you like on the program soon. And each Thursday evening film at the Centennial branch is endorsed at the Centennial branch is endorsed at the Centennial branch each day on Tuesday afternoon, so you have a convenient choice of locations and time of day. Tonight's offering, which begins at 6:30 p.m., is *Merchants of Doubt*, Robert Kenner's investigation into the shadowy world of professional skeptics and pundits-for-hire, whose services are bought and paid for by corporations and other special interest groups to cast doubt and delay public and governmental action on topics like toxic chemicals, pharmaceuticals and climate

change. These men and women present themselves as scientific authorities, but we find over the course of this documentary that that is not always the case.

Movies to entertain the whole family will be playing at the Crystal Ridge and Centennial branches of the library throughout the days between now and the start of school. Relax in air-conditioned comfort while you enjoy films such as *The Fantastic Mr. Fox*, *Chicken Run*, *Flushed Away* and *Escape from Planet Earth*. Movies are screened at the Centennial branch each day at 2:30 p.m., and on Thursday afternoons and Saturday mornings at Crystal Ridge through Sept. 5. Ask at any branch or check the website www.flepl.ca for details.

With school about to begin, families are deciding whether children of the household are

ready to let themselves in after school and spend an hour or two on their own. This is a choice that is unique to each family's circumstances, but "Home Alone," a program offered in partnership between the library and St. John Ambulance, can provide help in making that judgment. Safety, first aid and comfort skills for ages 8 and up will be covered through interactive games and role playing in a half day course at the Centennial branch on Friday, Aug. 28, beginning at 1 p.m. Pre-registration is required, and may be made by calling St. John Ambulance at 905-356-7340. The course fee of \$30 may be arranged with SJA at the time of registration. Space is limited to 18 participants, so be sure to call early.

Amy Roebuck is the community services coordinator at the Fort Erie Public Library.

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OUR LETTERS POLICY

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Comment

One family has changed many lives

➤ Heckman continues to serve the community

There are people in our community who find that volunteering their time is a way to find joy and Charlene Heckman is one such person.

She and her husband Bob are one of the couples, who, along with the Anzovina's, McDowell's, Hannigan's, and Mindorff's, first helped welcome and care for refugees coming into the Fort Erie area during the 1980s.

It was, and continues to be, Charlene's faith and love for people that are the driving forces behind her involvement in helping refugees and her present day volunteer endeavours.

Charlene was raised in Fort Erie and after high school, she attended D'Youville College in Buffalo, NY to study teaching. After teaching in Lancaster and then earning her certificate to teach deaf children, she went on to teach at St. Mary's School for the Deaf in Buffalo, NY.

Upon finishing there, she taught in Fort Erie. She and her husband became active in a church group that was looking for local projects, which led to their involvement in the refugee community. The group heard that there were people being turned away at the border when they were coming to seek refuge because they had no place to stay. Once the Mindorff family decided to become involved and urged the others to act, the group began to put plans together to see how they could help.

This was on a Tuesday and by the Thursday, Mr. Mindorff had received a phone call asking him to pick up two families from El Salvador from the Buffalo airport. Charlene went with the Mindorff's to the airport that

Thursday and helped a family cross the border, ensuring they understood the requirements, and providing them with their first safe haven in Canada. This was the moment that Charlene and her family would become involved in a journey like no other.

The original plan for the families who were involved in housing refugees was that anyone they helped would stay one or two nights in their homes and then move on to Toronto where other organizations would be able to help them. The social network in the Toronto area for such matters was much more developed and help was more readily available in that area. The small El Salvadorian family, with a daughter who spoke broken English, a small son, a wife who was pregnant, and a husband desperate to make sure his family would be safe, were welcomed with open arms into the Heckman home that Thursday and stayed for the Easter weekend.

After seeing how welcoming the community was, the little family from El Salvador decided to make Fort Erie their home. Charlene and the other assisting families helped the El Salvadorian family find their first apartment in Canada and helped them along with their legal process. It is wonderful to say that this family not only were accepted to stay in Canada but they have made Fort Erie their permanent home.

Helping that first family was only the beginning of Charlene's journey; in the coming years, she and her family would host a couple from Guatemala and another family from El Salvador, along with helping those who came to stay at Casa El Norte. She, along with her friend and

co-worker Patricia Anzovina, became advocates in the Fort Erie community and beyond.

The dynamic duo would go into surrounding communities actively making others aware of the movement of refugees into Canada, their needs, and what they could do to help. Charlene claims much of the work was done in good faith that needs would be met and that refugees would find a safe and welcoming home in Canada. Patricia and Charlene formed what they named 'Bridge Patrol', as they would work at school during the day and volunteer to bring people from the border by night. As many did not speak English, Charlene saw a need for English classes or tutoring and helped to develop the Adult Literacy program that continues to have a positive impact in our community. Seeing and meeting needs and fulfilling dreams enhanced the rich fabric and legacy of our community.

Today, Charlene has become more involved in helping other groups within Fort Erie. As a result of health issues in her family and in part to help herself, she formed the Brain Empowering Team that reaches out to those who have suffered from strokes, brain injuries, or other health issues who need support.

She also volunteers with the Maple Park Lodge recreation committee, has been the recipient of numerous volunteer awards, and continues to be an inspirational member of the community.

Charlene has stated: 'Once you start helping other people, you forget your own problems.' And that is what she continues to do.

Rosemary Legge for the Fort Erie Multicultural Centre.



Charlene Heckman



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From the gardener's journal: Zucchini bread 'a family favourite'

Ruth Vold Markle
Special To The Times

Summer time is so lovely and it seems we want to do everything all at once. And everything comes at once like the zucchini that never stops producing.

Just when you think you will have to sneak out and leave some around the neighbourhood in the dark, along comes a grand recipe that will use a good portion of this abundant vegetable. And for you chocolate lovers, this is sublime. (See box)

I usually double the recipe and there have a nice moist loaf to share or to freeze for

later.

And I will grate 1 1/3 cups of zucchini in ready freezer bags to have for the next baking time. This recipe does take a good portion of the zucchini. It has been a successful treat for many ages. All my friends and family are great sports about testing new recipes. This is a fan favorite among them.

Not only are our physical appetites filled this summer but our visual senses are appeased too. Just when the flowers were fading in the heat along comes the daisy family to glow in the dark and the rudbeckia to shine in

the sunshine. This time of year the colour shifts from the bright pinks to the bold yellows, stunning whites and deeper pinks and reds, preparing for the glow of autumn.

The blue jays are skulking around, snagging any stray sunflower seeds and berries that remain. As I was heading to the beach one early morning, I encountered a flying flurry of gold finch, feasting and enjoying life. These little moments stay with us in pleasure and satisfaction.

The laughter of children, the gentle breezes of mid day, the throng of waves, the evening song of

birds and pink and gold sunsets.

Whatever is calling you in your life, I hope you can enjoy those little moments of summer and many more.

Often called the month of 'green corn', August brings a reminder to enjoy each day and remember special moments.

Hope you have a memorable week with lots of special moments. Until next time, see you on the trails, at the beach or in the garden.

Keep growing.

Ruth Vold Markle is a member of the Fort Erie Horticultural Society

CHOCOLATE ZUCCHINI LOAF

- 1 3/4 cups all purpose flour
- 1/3 cup cocoa, sift if lumpy
- 1/2 tsp baking powder
- 1/2 tsp, baking soda
- 1/2 tsp salt
- Combine in small bowl and set aside. Then cream together
- 1/2-cup butter or margarine
- 1 1/3 cups granulated sugar
- 2 large eggs
- 1 tsp vanilla extractCombine water and sugar in medium sauce-pan. Bring to boil on medium then reduce to medium low heat. Simmer, uncovered for five minutes, stirring occasionally.

Then grate 1 1/3 cups zucchini (with peel) and add 1/3 cup sugar milk.

In a small separate bowl add the flour mixture to the egg mixture in three small additions, alternating with zucchini/milk mixture.

Mix well after each addition so no dry flour remains. You can add 1/2 cup chopped walnuts or pecans if you wish before placing mixture in greased loaf pan. Bake in 350 degrees oven for 70 to 80 minutes or until pick inserted in centre comes out clean. Let stand for 10 minutes before removing to rack to cool.

Health Corner

Healthy Mouth, Healthy You...

There has been tons of research recently in medical and dental scientific journals about the effects of having a healthy mouth as well as those of having an unhealthy mouth. Your mouth is the gateway to the rest of your body. If your mouth is full of infections, the latest medical research has been showing that it affects the rest of your body quite significantly.

If you suffer from diabetes, heart disease, or other common ailments, the gum disease that is present in your mouth has the potential to contribute in a negative way to these medical conditions. You might be asking how this may be. Think of it this way: your body is a system that is constantly trying to heal itself. If you have a condition like heart disease, and your body has to use some of its valuable resources to combat your gum disease, it makes it that much



Dr. John Inigo
harder for your body to take care of the heart.

Also, if you suffer from gum infections in your mouth from periodontal disease, every time you eat and chew, bad bacteria are released that can directly affect things like your arteries and your heart valves. If you are pregnant, the constant stream of bad bacteria that may be in your mouth from infections can certainly affect an unborn child. Given that periodontal or gum disease has many negative effects, one would assume that it is easily detectable. Surprisingly enough, many people with periodontal

disease are unaware that their mouths are burdened with this condition. Let's take a moment to highlight some of the tell-tale signs of periodontal (gum) disease: bleeding of the gums when you brush or eat, loose teeth, bad breath, little gum pockets around your teeth that are swollen, and pain upon chewing. These are just some of the signs that you may have significant gum disease.

Call your dentist and make an appointment to assess your gums so that you can keep your mouth and yourself healthy.

Dr. John Inigo is a practicing general dentist in Fort Erie and Ridgeway, Ontario. He can be reached at Inigo Bertie Dentistry, 905.871.2903 or Inigo Ridgeway Dentistry, 905.894.5555. For further information and discussion, please visit his office at www.inigodentistry.com.

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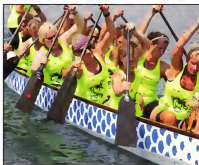
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at the week
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Prescription painkiller causing overdoses with drug users a concern for Niagara cops

It's an unpredictable drug to use and a very powerful drug

Ray Spiteri
Postmedia Network

It's a drug stronger than morphine, more addictive than heroin and potentially fatal in mere minutes.

And now Fentanyl is creating problems in Niagara. Addiction, health and law-enforcement officials are becoming more aware of the presence and danger of the prescription painkiller that has made its way into the illicit drug market as a cheap product for dealers to sell, and a powerful high for addicts to chase.

Sixteen people overdosed in an August week-end in Vancouver — six in one hour — after they took what they thought was heroin, but is believed to have been heroin cut with Fentanyl.

Fentanyl has also been linked to two recent alleged crimes in Niagara.

A masked assailant who brandished a small, black semi-automatic hand gun,

robbed Brodies Drug Store in Ridgeway earlier this month, leaving the scene with a quantity of Fentanyl patches.

In July, more than 20 Fentanyl patches with a possible street value of \$7,700 were seized by Niagara Regional Police after they observed a drug transaction in a St. Catharines parking lot.

Police seized one Fentanyl patch in the parking lot, and after a search warrant at a couple's apartment, an additional 21 patches were seized.

The couple were charged with drug-trafficking offences.

"I'm not going to say Fentanyl is an epidemic or anything in Niagara, but it's out there and it's certainly something that we're looking at," said NRP Det. Sgt. Todd Waselovich, who as part of his job, deals with prescription drug matters.

"The big thing with Fentanyl is it's so potent and people that are using it — that are using opioid drugs — don't realize how potent it is," he said.

"Sometimes, they're getting the drug and they don't even know how

potent it is if it's mixed in with something and it could obviously cause overdoses."

Those abusing Fentanyl can't always be sure how large a dose they're getting. It can be mixed into other drugs that can prove to be a deadly cocktail.

Waselovich said if someone uses cocaine for years, they "kind of know what they're getting." But if someone has never tried Fentanyl before, they don't have an opioid tolerance built up. So if they use the powerful synthetic opioid, they could overdose on first use because of how strong it is.

"That's why it's such a scare. If someone doesn't understand how potent it is and doesn't have that tolerance, one usage of Fentanyl could kill you."

Waselovich said because the pharmaceutical pain management medication is usually linked to a legitimate prescription, it can be tough to get it off the street.

"Even a used Fentanyl patch, let's say you put the patch on, you wear it for the duration that you're supposed to have that patch on and you remove it, it should be returned to a pharmacy

for a proper disposal," he said.

People are getting them legally and if they're not using their full prescription other people could purchase them. They end up on the streets and in the wrong hands, he added.

Waselovich said most of the Fentanyl that is prescribed in Niagara comes in patch form. A prescribed patient sticks the patch on their skin and after a "delayed release," the drug makes its way through the skin.

"You get the drug out of the patch over a period of time," he said. "There are other forms of it out there, but the main one we're seeing here is the patch form."

Waselovich said he doesn't know the exact number of recent crimes in Niagara that are connected to Fentanyl, but noted the robbery at the Fort Erie pharmacy is "very disturbing."

"I'm currently in the court process now with two cases that are involving Fentanyl. (There are) various crimes around the region — people breaking into houses ... all kinds of

crimes that are associated with Fentanyl or any prescription pill. It's kind of hard to put an exact number on it, but they're happening."

Lisa Panetta, chief executive officer with Community Addictions Services of Niagara, said they are aware of Fentanyl, "but it doesn't look like epidemic use."

"Alcohol is still the biggest problem we see," she said.

However, Panetta said Fentanyl "has the potential to be very dangerous, that's why so many (agencies) are stepping up and paying attention to it."

"It's an unpredictable drug to use and a very powerful drug."

Panetta said pharmacies in some cities have a policy where patients prescribed with Fentanyl patches can't get another prescription until they hand in their used patches.

"That's one way some communities are trying to prevent abuse," she said.

In May, federal Health Minister Rona Ambrose announced \$13 million in funding during the next five years for 1,000 annual

pharmacy inspections across Canada to help combat the diversion of legal, yet highly addictive, pain prescription drugs to illegal street markets.

At a symposium on prescription drug abuse in Edmonton, Ambrose confirmed Canada has the second-highest rate of prescription opioid consumption, next to the United States.

The most commonly used opioids include morphine, oxycodone and Fentanyl, according to reports.

When asked why the government does not classify these drugs as illegal, Ambrose said it's not that easy, citing their therapeutic purpose.

She said there are people who need the pain medication for legitimate reasons and that the issue is misuse, inappropriate prescribing and the young people getting drugs as a reason to get high.

"So awareness is important," said Ambrose. "These are very, very potent, addictive and strong medications. It's not a simple solution."

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Durez Canada workers enlisted to save energy

Tony Ricciuto
Postmedia Network

With energy costs always on the rise, the Durez Canada plant in Fort Erie is continually looking for ways to conserve.

Now their employees are taking what they have learned at work and applying it at home.

"We have made a concentrated effort to really look at things from an every day point of view that can take a lot of your energy and force your costs to go up and you are not necessarily aware of it," said Robert Hunt, plant manager of the Dunlop St., which opened in 1976 and makes resins and compounds that are commonly known as bakelite. Some of their product is used in the auto industry.

The plant, which has about 80 employees, is undertaking a three-year

process to control and reduce energy costs. The process empowers all employees within the company, while partnering with some of their stakeholders that include utility companies, to find ways on how to reduce and control energy costs every year.

Last Tuesday and Wednesday, the plant held energy awareness days in their lunch room for employees so they could better understand what is being accomplished inside their facility. They also had representatives from the plant's energy team, Canadian Niagara Power, Enbridge Gas Distribution, and 360 Energy Inc., to answer any questions.

"We want to get some of this information to our employees and if it helps them at home that's even better," said Hunt. Lisa Brodeur, from 360

Energy Inc., an energy consulting company from Ancaster, has been working with Durez on their energy management program.

"We have given the employees an energy saving kit so they can save some money at home, but we also want to make them a little more aware of what is going on at the plant," said Brodeur. "In 2014, Durez saved about \$65,000 on their energy because they were able to make some changes, and in 2015 we expect to see them save about \$100,000. Significant savings can be found on energy, especially on the industrial and manufacturing side, without any significant capitol costs."

George Hantzis, from Enbridge Gas Distribution, said they have worked with Durez by looking at such things as their insulation and steam pipes to see where they can save on their gas costs.

For employees, he was handing out small hourglass timers filled with sand. It takes five minutes for the sand to empty into the hour glass and it's meant as a reminder when people are taking a shower.

Hantzis said taking a long, hot shower is one of the main contributors to a high energy bill. It takes a lot of energy to heat the water and one simple way to save money on your energy bill is to take shorter showers.

"This timer will stick on the wall and it's a reminder that you have



Tony Ricciuto Postmedia Network

Robert Hunt, the plant manager at the Durez Canada plant in Fort Erie, is keeping a close eye on its energy costs and it has resulted in significant savings for the company.

five minutes to take your shower and then get out," said Hantzis. "It gets people thinking and makes them more aware about how much hot water they are using."

Some of the information being provided by Canadian Niagara Power included an appliance

usage chart.

The table shows how much electricity certain appliances use in an average month. For example, a central air conditioning unit in a home can cost \$150, while a small air conditioner in a room might be around \$40 or \$50.

A clothes washer will use

about 72 cents in electricity, while a clothes dryer will eat up about \$14. A computer, printer and monitor will use less than \$3 a month, while a water heater with a typical family of four costs about \$60 a month.

tony.ricciuto@sunmedia.ca

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#40 NPN 80051642

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#26 NPN 80030094

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#26 NPN 80030094

ACIE Eczema & Psoriasis Rosacea

Works by cleansing blood from the inside, instead of attacking skin with creams or washes from the outside and leaving the actual cause untreated. **Actual Results:** **After 1 week,** my severe acne became quite mild and after two weeks, it had completely vanished. I suffered for two stressful years of having acne and extremely dry, irritated skin. **Bell Clear Skin "saved my life!"** My skin is now beautiful and I would never know I suffered from acne and other skin problems for years. **Zach Lustigarter, 16, Ottawa, ON** **RED ROSES/CHEEKS ROSACEA** gone in less than a week. I was bugging it for thirty years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a red rash came from drinking. This is a myth. What it took for the rest of my life when needed. **Dorothy E. Gillespie, 56, Inverness, ON** **PSORIASIS** **I had severe psoriasis over 25% of my body.** For the last two years, I have blamed every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Clear Skin, I've never seen anything work as fast in my life. Within two days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. **Jessica Shantz, 25, Daan Creek, BC** **ECZEMA** For six years, my family doctor and dermatologist tried many medications and creams. After taking Bell Clear Skin for just a few days, my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. **Andy Nien, 58, Vancouver, BC**



#40 NPN 80051473

Stem Cell Activator

Dr. Hammond created this natural health product to improve healing everywhere in the body. For men and women who have injuries to heal, back or neck pain, other internal pain or have no energy, just to mention a few applications. Thousands are using the product successfully now. **Best natural medicine I ever took!** First day of using the Bell Stem Cell Activator my energy levels were way up. No more afternoon slump. A friend stopped me asking me what I was using on my skin. My pain in my hip is gone. My pants got looser. **Christine Blythe, 54, Hamilton, ON** **Women who purchased Bell Stem Cell Activator were surprised that they also had the unexpected beauty benefit of more youthful looking skin.** It makes a lot of sense because stem cells have a healing effect on organs and our skin is the largest organ in our body. It can help women to feel more beautiful, life will improve for all of us. **In a few weeks I noticed a huge difference...** in the appearance of my skin as some lines and creases were diminishing leaving a nice, polished glow to my face. Other beauty products "couldn't hold a candle to it." Thanks for producing a winning product. **Caroline Dube, Petawawa, ON**



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#40 NPN 80040008

Truthful statements from real people: **My medical indicated pre-diabetic.** I took #40. When re-tested readings were fine. This helped my metabolism and my weight is down 25 lbs. I am grateful to the health food store people for their advice. **Michael D'Brien, 60, Rutherford, NJ** **I was struggling for 15 years with weight gain in spite of diet and exercise.** I was diagnosed pre-diabetic. I will forever be grateful to the store manager that explained to me to take #40 and read suggestions to avoid tempting foods. I lost 70 lbs. My testing blood sugar is now 92. My 2 hour post meal glucose level is now 92 as well. My new shape raised my self-esteem and gave me immeasurable peace of mind. **Karen Knaples, 55, Clarksville, TN** **Diabetic eliminated high blood sugar levels** with #40. My readings were 140 to 200 and are now 89 in 120 range where I want to be. Before I bought about 10 different supplement that were more expensive and didn't work as well. I also lost some weight. A great improvement in my health and daily living. **Roger Light, 57, Fort Lauderdale, FL**

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baybeach@planpart.ca to register for one of the workshop sessions.

For more information contact Signe Hansen, Manager of Parks and Open Development, Town of Fort Erie, 905-871-1600 x 2506 shansen@town.forterie.on.ca



Employment Opportunity

Coordinator, Corporate Communications (Competition No. 37-2015)

Reporting to the Chief Administrative Officer, you will develop, implement and maintain a Corporate communications policy/plan, produce communication products for internal/external audiences and act as primary media contact in a dynamic environment. With a community college diploma in journalism/public relations/media/communications and three years relevant experience, you have applied technical knowledge of strategic communications and desktop publishing, social media platforms and print/news media. Want to know more? Visit www.town.forterie.on.ca click on Government, then Employment. The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request. The deadline for receiving applications is NOON, Friday, September 11, 2015.

FORT ERIE PUBLIC LIBRARY EMPLOYMENT OPPORTUNITY

CONTRACT POSITION: PROGRAM COORDINATOR

The Fort Erie Public Library is looking for a coordinator for our Homework Help program, which will be offered at the Centennial and Crystal Ridge branches beginning in October. This is a 15 hours/week contract position running from September 2015 through June 2016. Want to know more? Visit www.fepl.ca and click on Job Postings.

The deadline for receiving applications is Friday, September 11, 2015 at 5:00 p.m. We thank all applicants for their interest, however, only those being considered for an interview will be contacted.

Employment Opportunity

Utility Employee – Roads (Temporary to April 2016) (Competition No. 36-2015)

You will perform physical labour, operate tools and equipment in all weather conditions in support of road and drainage services, according to adopted and regulated operational, maintenance and repair standards. You **must** have an Ontario Secondary School Diploma or equivalent **and** a valid DZ driver's licence. Want to know more? Visit www.town.forterie.on.ca click on Government, then Employment. The Town of Fort Erie is an equal opportunity employer. Accommodation is available to candidates upon request. The deadline for receiving applications is NOON, Friday, August 21, 2015.

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FIRE PREVENTION SMARTS

At least 80 percent of all fire deaths occur in home fires. Here are some smart Fire Prevention tips for protecting yourself and your family:

- ✓ Never leave candles burning unattended, and keep matches out of reach from children
- ✓ Keep space heaters away from curtains and other flammable materials
- ✓ Install smoke alarms on every floor of your home and outside each bedroom, and test batteries monthly

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Special to The Times

Help for the construction of a new theatre
Barbican, a Fort Erie-based company, recently donated \$10,000 for the Embrace Greatness campaign for the new centre for the arts in Greater Fort Erie. From left are committee members Rick Phibbs, Denise Faraday, Rich Daniels, Barbican owners Andrew and Ainslie Cook, committee members Fred Louws and Garry Skerrett. For more information or to donate visit www.gfecentreforthearts.com.

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File Photo Fort Erie Times

Diane Parker remembers her son, Rob Parker, who suffered from seizures, which required him to use a guide dog.

Guide dog program makes a difference in people's lives

Austin Gooder
Special to the Times

For the sixth straight year, the Parker family is teaming up with the Lions Foundation of Canada Dog Guides to host their Dog Guide Fundraiser at the Fort Erie Leisureplex.

Rob Parker lost his life in 2010 after a long struggle with epilepsy. His mom, Diane, says the guide dog Parker received completely changed his life.

"It was so important to him. He had so many problems with his seizures," Diane Parker said.

"When he got Duke, he felt safe and confident about going outside."

Duke, a service dog assigned to Parker, was specially trained to help him deal with his epilepsy and provide a sense of security for Parker. Diane has made it her mission to help place these kinds of guide dogs with other people who need them.

Since the fundraiser began in 2010, the money the Parkers have raised has helped place a seizure response dog, a canine vision dog, a hearing ear dog and an autism assistance dog.

The 2015 edition of the fundraiser marks some significant changes to the event's schedule.

Scheduled for Sept. 20 at the Leisureplex banquet hall,

this year's event will feature live entertainment, refreshments, draws and a cash bar.

The live entertainment will be provided by impersonators of some of the greatest starts in recent music history. Neil Diamond, Roy Orbison, Buddy Holly and more will all be represented at the event.

Parker says the recent events have had a great turnout and she hopes to see many more people attend this year.

The event will run from 2 p.m. to 5 p.m. Doors to the Leisureplex banquet hall will open at 1 p.m.

Tickets are \$20 can be purchased by calling Diane at 905-871-6096.

WANTED

30 PEOPLE WITH HEARING LOSS

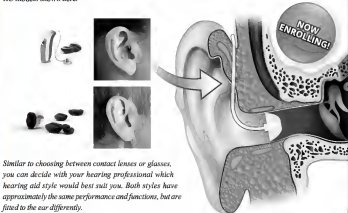
Qualified Participants Needed for Technology Field Test

During this Limited-Time event, we are looking for people like you, who may be experiencing varying levels of hearing loss to evaluate a remarkable new line of digital hearing aids and a rehabilitative process that could be the solution to your difficulties.

Call us toll-free today at one of the numbers below to see if you qualify for this Field Test. Potential candidates will be given a FREE hearing test to determine candidacy.

Participants will be given a FREE in-office demonstration, and the opportunity to evaluate the latest, most advanced hearing aid technology for 30 days at drastically reduced rates. A refund* is available at the end of the test period if you feel your test aids do not improve your hearing.

A full range of sizes are available in this new technology, including the exceptionally discreet open-fit and IIC models shown here:



Similar to choosing between contact lenses or glasses, you can decide with your hearing professional which hearing aid style would best suit you. Both styles have approximately the same performance and functions, but are fitted to the ear differently.

It's almost a shame this technology isn't more visible!

Open-fit and Invisible-In-the-Canal (IIC) hearing aids are smaller and more beautiful than ever, striking the perfect balance between size and performance. The elegant and highly discreet open-fit hearing aid fits perfectly on top of your ear, and the thin tube in your ear canal is designed to disappear against your skin. The new IIC hearing aid—now with wireless technology—provides all of the outstanding features and benefits you want in a digital hearing aid, minus the stigma that came with wearing one in the past.



CALL NOW - Candidates are being selected.

The selection process for this test period will end September 30, 2015.

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- Niagara Falls | 4025 Dorchester Road | 1-888-550-9486
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►POLICE BRIEFS

Three men charged after Falls stabbing

Three men have been charged related to a stabbing in Niagara Falls that sent one man to hospital last Thursday night.

At around 6:30 p.m., Niagara Regional Police and Niagara Emergency Medical Services personnel were called to the area of Dunn St. and Drummond Rd. Police said they found a man who had sustained a non-life threatening injury during an altercation that occurred at this location. The victim was taken to Greater

Niagara General Hospital by ambulance and is reported to be in stable condition. Police arrested and charged two 19-year-old men, Dylan Ackers and Josue Hernandez, with aggravated assault. A third man, identified as 20-year-old Seth Tustin, who was being sought and was wanted for aggravated assault related

to the incident, later turned himself into police and will be held for a bail hearing.

Man arrested in Fort Erie armed robbery

Niagara Regional Police have

made an arrest in connection with a robbery earlier this month at Brodies Drug Store at 315 Ridge Rd. in Fort Erie.

The robbery took place on Saturday, Aug. 1, shortly before 6 p.m., when a masked man entered the store and brandished a small, black pistol and demanded

pharmaceutical medications and cash.

Last Thursday, police arrested 26-year-old James Poupore of Fort Erie and charged him with robbery, disguise with intent and fail to comply. Poupore is being held in custody pending a bail hearing.

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How'd we do? Did we win? What exactly is Communities-in-Bloom? These questions keep popping up. The answer to the first 2 questions? We don't know...yet; winners will be announced at the National Symposium in late September. I was a bit surprised at the last question since it's been part of life in Fort Erie since 2004-I thought most everyone had at least a general idea. It seems a lot of people don't. While we wait for the awards results to be made public, I thought it would be a good time to try to more fully answer that question.

Villages, towns and cities across Canada (and beyond) work to improve their communities on a variety of fronts. They receive information and are evaluated provincially, nationally or internationally by a volunteer panel of trained judges on the

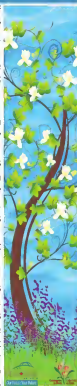
Communities-in-Bloom is committed to fostering civic pride, environmental responsibility and beautification through community involvement and the challenge of a national program, with a focus on enhancing green spaces in communities.

accomplishments of the whole community - municipal, private, corporate and institutional sectors, and citizens. The evaluations are based on 8 key benchmarks.

The National Symposium is a conference held jointly with the annual national and international awards ceremonies. It's also a special opportunity for community volunteers, parks and grounds professionals and elected officials to learn about and share knowledge on current issues, trends and challenges in communities tourism and projects, environmental awareness as well as in horticulture and gardening. These affect all communities, be they large or tiny, so this is also a chance to meet and help one another at a grass roots level. By helping each other, we help our communities to be better places to live, work and play. That ultimately helps each one of us.

So now you know!

Gabrielle Todd is Vice-Chair of Communities in Bloom



To find out more about us, "Like" our Facebook page. Fort Erie Communities in Bloom is visit us at town.forterie.ca

if it's local, it's here forterietimes.ca



Official site of the

Fort Erie Meteors

Team Fundraiser Golf Tournament

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Heritage Arts Legacy to celebrate new home with soirée

Austin Gooder
Special to The Times

The Heritage Arts Sports Gallery is a passion project worth noting.

For years, the Heritage Arts Legacy has played a part in memorializing Fort Erie's sports history.

Many will know them from their work with the Sports Wall of Fame, or from the life-size renderings of Fort Erie sports heroes surrounding the Kinsmen rink at the Leisureplex.

In 2015, they've added another way for people from Fort Erie to remember and honour the rich legacy of sports success the town of Fort Erie has had.

The Heritage Arts Sports Gallery has opened in the lobby of Leisureplex. The Heritage Arts Legacy has also taken over the former pro shop in the

Leisureplex and will use it to display artifacts and memorabilia.

Tony Evershed, one of the people involved with the project, is excited to have a space to show off Fort Erie's sports history.

"We've got history people and arts people saying 'This is great' because we've not got this room; we can showcase all kinds of artifacts," said Evershed.

The gallery will also host a sports research centre where the Heritage Arts Legacy will collect more history and data from Fort Erie sports history.

"Now we've got a spot to research, so we'll research the history and feature different sporting histories," said Evershed.

"You'll start to see people go through the arena and they'll see this tribute to sports in Fort Erie."

Evershed says the gallery and research centre will display many pieces from Fort Erie's rich golf, horse racing, baseball and hockey history.

Right now, Evershed is very excited about the display of 30 pro golf bags from local golf pros.

Evershed, however, says the gallery still needs our help to continue.

The Heritage Arts Legacy is hosting a soirée at the Leisureplex on Aug. 28 at 6 p.m.

The event will include music, refreshments, displays and demonstrations.

The Heritage Arts Legacy will also unveil the new signage for their displays in the Kinsmen rink.

Tickets for the event are \$30 and can be purchased from Sondra via email at sondrab@firststepsinacanada.com or call George at 289-529-4080.

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Falls MPP requests slots reinstatement in open letter to Liberal government

Ray Spiteri
Postmedia Network

Niagara Falls NDP MPP Wayne Gates has sent an open letter to Liberal Agriculture, Food and Rural Affairs Minister Jeff Leal

requesting his Liberal government return slots to Fort Erie Race Track.

It's an issue Gates, whose riding represents Niagara Falls, Fort Erie and Niagara-on-the-Lake, has been vocal about since he was first elected to the provincial legislature last year.

"As I am sure you are aware, this year's running of the Prince of Wales Stakes at the Fort Erie race track was an absolute success," Gates wrote in his letter, dated for last Wednesday.

"Officials confirmed that 13,500 individuals were present in the stands for the big race (July 28)—an increase of 1,000 from last year. "Food and beverage sales were up by 10% and program sales were up by 4%. Trackside wagering was up by 1.76% and

remote betting reached \$1.5 million."

Gates said Fort Erie was able to surpass last year's record-breaking running of the race. He said the track continues to grow in popularity and the support has "never been higher."

"The racetrack has a plan to be self-sustainable and provide a top-notch experience for visitors, but it needs the return of the slots to achieve this goal, and that is why I am sending you this open letter."

The Liberal provincial government yanked the slots out of the track—along with more than 200 jobs—in 2012, as part of its efforts to modernize the gaming industry in Ontario.

Many feared the closure of the slots would deliver a death knell to the track, which has been around for 118 years.

This year's numbers, however, indicate the track is thriving and business is growing.

But even as the track continues to see record-breaking race days without the slots, Gates maintains the government should return gaming to the border town.

"Returning the slots can create jobs in Fort Erie, protect the jobs at the racetrack and play a role in the revitalization of the town," he said.

"This year's Prince of Wales Stakes demonstrates that the race track has the capacity to make the slots a viable option—an option which can make the track self-sustaining."

Ray.spiteri@sunmedia.ca



Wayne Gates

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Southern Tier major midget team to play at Crystal Ridge Arena

Austin Gooder
Special to The Times

Hockey fans in Fort Erie will have even more to watch and enjoy in town come October.

The Southern Tier Major Midget Admirals will play all of their 2015/2016 home games at the Crystal Ridge arena in Ridgeway for the first time in team history.

The team, made up of 16 and 17-year-olds from across the southern tier, chose the Crystal Ridge Arena as their home rink because the arena offers them better practice times and dressing rooms.

Scott Barnes, the coach of the Admirals, said the arena is a great fit for the team.

The Admirals play AAA hockey and are a team effort between the minor hockey associations within the Niagara and surrounding regions.

Barnes is excited about the future of the team in Crystal Beach and hopes the town can rally around the team.

"I want to get a lot of fans in the stands and make the atmosphere

pretty big," Barnes said.

"We'd love to see 150 fans out there in that arena and maybe have a little buzz in the crowd."

Entrance to the games is free for everyone.

Barnes said the team will be doing some fundraising and in-game activities to add to the excitement of the games.

In regards to attendance, Barnes said it is important for the team to play well and earn the support of the community.

"It's great to have a good attendance and a good fan base that will help attract the best players in the years to come," Barnes said.

Barnes said the players always

love playing in front of big crowds.

The Admirals are committed to their relationship with Fort Erie, too.

"We're going to have this programme running for many years and we look to play in Crystal Beach for many years," Barnes said.

Anyone looking to help support the team in their first year in Crystal Beach is encouraged to contact Scott Barnes at 289-377-8305.

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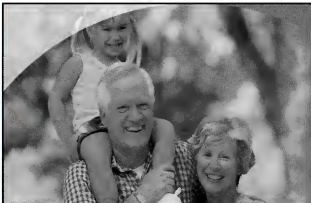
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Sarah Ferguson Fort Erie Times

Riding in style

To celebrate the end of the season, the members of the Bridgeburg Gentlemen's Shoppe baseball team took a ride in a limousine on Aug. 5 before arriving at Oakes Park to play their second last game of the regular season.



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A brick for the people who continually park in places where they are not supposed to. If people continue to park in our exit, we will have to put up a 'no parking sign' and have cars towed when we shouldn't have to.

Brick for cyclists**who speed on trail**

A brick for the cyclists on the Friendship Trail that speed by the walkers and don't let you know they are coming. They not only scare me but they make my poor dog panic and if she happens to wander in front of them, she would be hit. Please have the courtesy to let the walkers know you are approaching them it just takes a few words and slow down a little.

Bouquet for a dad

A bouquet for my dad, who came over the other night before dinner just so he could fix my washing machine. I have the best dad ever. If it wasn't for him, my clothes

would be pretty stinky. Thank you!

Brick for bike thief

A brick for the slime who stole my baby girl's first bike from our front yard on Aug. 9 at night. She has only had it for 13 days! You have hurt a little four-year-old like nothing else could. There is a place for people like you who steal from children. If I had money to buy her another bike it wouldn't be so bad, but that's not the situation. I am devastated over not being able to replace it for her. If you have any goodness in you please bring it back!

Bouquet for ice cream truck staff

A bouquet for the ice cream truck lady. She saw my little girl fall on the side of the road after getting her ice cream. Thank you for stopping and giving her a fresh one, it brought the smile back to her face.

Bouquet for good samaritan

A special bouquet and thank you for the person who turned my handbag into the staff at Sobey's after I foolishly left it in the shopping cart. Some great people in Fort Erie.

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Special to The Times

Rocking along the waterfront

The 2015 Waterfront Concert Series, hosted by the Friends of Crystal Beach, will conclude on Sunday, Aug. 23, with a performance from Barley Brae. Fans of the concert series are encouraged to bring a blanket or a chair to enjoy an eclectic mix of traditional Celtic, folk and blue grass. The free concert will take place at 3875 Terrace Ln., in Crystal Beach at 7 p.m.

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Rio Vista Retirees results

Rio Vista Golf Course finally received some much needed rain and 54 golfers came out last week to challenge it once again.

This past Wednesday the Retiree League had a two man scramble format, which requires each player to count at least four drives during the round.

The hidden hole was the par three third and the closest to the pin contest was held on the 150 yard seventh hole. Chris Bukator put his drive on the third hole to within a foot of the pin.

Stu Wright was the closest on the seventh. Notable shots were by Marty Roberts and Harry Visser.

While playing in the same foursome this duo each placed their drive onto the green of the par four second hole.

The 50/50 draw went to Dick Verbeek and John Corry received the mystery prize. The format this week was a return to the four man scramble. Results were not available before press time.

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PREVIEW

Fri August 21 @ 12pm - 7pm

REGISTRATION

Saturday August 22, 2015

Doors open at 8:30am

AUCTION STARTS AT 10AM



events

SEPTEMBER 3

Heart Healthy Eating

Discover foods to eat for a healthy heart. This program is helpful for people with high blood pressure, high cholesterol, heart problems or anyone who wants to learn about eating heart healthy. Thursday, September 3, 1:00-2:30pm at the YMCA.

SEPTEMBER 16

S.A.D. Workshop

Seasonal Affective Disorder is a recognized form of depression that is common to people living in cold climates. Learn more about the disorder and what you can do about it, before the dark, cold days of fall and winter are upon us again. The workshop will be held from 2-4 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

ONGOING

Diabetes Hot Topics

Learn new strategies for better manage-

ment of your diabetes. September 3, October and Mental Health, both sessions are from 3-4 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Brain Empowerment Team

We are a support group that meets weekly with the goal of transforming our brains through education, networking and mutual support for those who have neurological impairments and other health issues. We call ourselves BEE Brain Empowerment Team. Meetings held every Thursday from 1:30 p.m. to 3:30 p.m. For more information call 905-871-7510 or 905-871-1530.

Keeping diabetes away

For those at risk of developing diabetes, nutrition and lifestyle management strategies to help prevent or delay diabetes. September 23, 1:30-4 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Quit smoking

Two-week workshop designed to help

you quit smoking. Free nicotine replacement therapy available to eligible participants. New enrollees are offered the second Tuesday of most months, 6-7:30 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Diabetes Nordic Pole Walking Group

For people with diabetes or at risk of developing diabetes. Lower your blood glucose level and improve your mood, sleep and energy levels by taking your walking to a new level. Weekly sessions held on Tuesdays, 10:30-11:30 a.m. Registration required. We meet on the Friendship Trail at Buffalo Rd. in Crescent Park. Call Bridges Community Health Centre Fort Erie at 905-871-7621.

Nordic Pole Walking

Taking walking to a whole new level and enjoy the increased health benefits by adding Nordic poles. Open to everyone. Weekly sessions will be held every Friday, 9-10 a.m. Bridges Com-

munity Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Eucore Card League

Every Tuesday at Royal Canadian Legion Branch 71 at 1:10 p.m. The card league is a weekly fundraiser for Niagara Action for Animals. For more information call 905-871-7493.

Lifetree Cafe

Each Thursday, people gather to discuss different topics about life and faith in a casual coffee house type setting. Admission to the 60 minute event is free. Lifetree Cafe is located at the Sanctuary Centre for the Arts, 209 Ridge Rd. North, Ridgeway, 7:40 p.m.

Healthy You

Looking to make a change in your lifestyle and eating habits? Join us for an information session on Monday, September 21 at 3 p.m. It's right for

you, you will have the opportunity to register for our 6-week program, running September 28 - November 23. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Quigong

A regime of physical movements and breathing techniques to relax the mind and optimize good health. The program runs every Friday, 10-11 a.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Healthy You Support Group

For those who have completed the 6-week program, we meet monthly for ongoing support, resources and advice from a Registered Dietitian. August 31 and September 28, 4-5 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Stress Management For The Heart

Learn more about the impact of emotions on heart health, and ways to cope with stress. Sessions available Wednesday, September 23 and 30, 9:30-11:30 a.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

Mindful Living

A mindfulness-based approach to coping can be of benefit to anyone and is proven to be helpful for people with chronic pain, anxiety or depression. An Information/Registration Session will be held on Tuesday, September 22, 1-3:30 p.m. The 8-week program will start on Tuesday, October 6, 1-3:30 p.m. Bridges Community Health Centre Fort Erie, 1485 Garrison Road. Call 905-871-7621.

REQUEST FOR PROPOSAL

Proposals are invited from the community for projects that will provide an effective service to address poverty at a neighbourhood level for residents of the Niagara region.

The Niagara Prosperity Initiative (NPI) uses a neighbourhood-based approach to addressing poverty with the understanding that the nature and degree of poverty varies from neighbourhood to neighbourhood.

NPI seeks to build strong communities to ease the enduring impacts of poverty and the stigma and stress associated with living in poverty. Stronger and healthier communities will provide individuals with social supports and access to the broader factors that affect health.

Applications will be available at
www.unitedwayniagara.org from
August 31, 2015 – September 25, 2015

An information session will be held
Monday, August 31, 2015

9:00 a.m. – 11:00 a.m.
Niagara Region Headquarters,
Council Chambers
2201 St. David's Road, Thorold

For more information, please visit www.unitedwayniagara.org
or email Natalie.Chaumont@unitedwayniagara.org



Niagara Region



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Riverside Community Church

www.riversidecommunitychc.com
Summer Services:
Sundays at 10:00am
2669 Niagara Parkway, Fort Erie
905-871-8800



We look forward to hearing from you.
Call or stop in at 336 Central Ave. Fort Erie
905-871-3100 ext. 524202



Blake Fernon

Laxi Hidalgo took a swing at the ball for the pink team, sponsored by Bridgeburg Gentleman's Shoppe, during Family Day.



Mary Rosseton Special to The Times

The Fort Erie Minor Baseball Association held a Family Day for its players at Oakes Park on Aug. 8. Players in all divisions were awarded medals and also enjoyed a pizza party. The T-ball division, which consists of children ages three to five kicked off the festivities, with games in the morning.



CHURCH ON THE BEACH

Crystal/Bay Beach

SUNDAYS AT 9:00 AM FROM JUNE 28 – SEPTEMBER 6, 2015

A non-denominational worship service on Crystal/Bay Beach. Come dressed for the beach! Bring your own chairs, blankets, beach towels, and other beach gear.



churchonthebeach@hotmail.com
churchonthebeach.ca

JOIN US SUNDAY, AUGUST 23

Speaker: Reid Cooke



In the summer of 2011, Reid Cooke was the first to ever speak at Church on the Beach. Reid is a retired Pastor who now serves as Chaplain of Christian Legal Fellowship, Canada where he ministers to lawyers and students who desire to pursue vocations in their work with Christ. Reid's wife Esther is a talented worship leader and vocalist. Together, they also serve as a Chaperone Team on major Cruise Ships. They reside in Niagara Falls, Ontario where they enjoy sailing their own boat on Lake Ontario. They have a son and daughter-in-law (2 grandsons) who live in Austria, and a married daughter, in St. John's Newfoundland.

Worship Leader: Church on the Beach Band



Over the past 5 years we have come to realize that there are talented vocalists, artists and musicians who attend COB who are capable of participating on a worship team. The year, and we decided it would be fun to experience by pulling them together to see how God might use their collective gifts to lead us in worship. The 2015 COB Band is led by Wellington Community Church Worship Leader Andrew Thompson and features a variety of talents including vocalists Melissa Bopson and Cobby Burton; guitarist Ricky Hooper; drummer Josh Myers and Fort Erie.



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156 Lakeshore Rd. Ft. Erie Sat. Aug. 22nd 8am-2pm. Electronics, Clothing & Much More!

5488 Green Avenue, Niagara Falls, Friday August 14, 8:00 AM - 12:00 PM. Saturday August 15, 8:00 AM - 12:00 PM. Large garage sale. Contents of house including car.

8975 Oxford St. Niagara Falls, Saturday, August 22, 9:00 AM - 1:00 PM. Household items 1/2 Christmas LED twinkling outdoor lights, outdoor candles, etc.

Early 80's

Exquisite Sale 937 Rye Ave. Fort Erie, Saturday August 22nd 9:00 - 1:00. Low priced, new 18" wheel scooter, very large dresser, tables & chairs, etc. & much more.

Miscellaneous

Flea Market
1127 Gordon Rd / Hwy 25 Fort Erie Sat. Aug 15, 8:30-1:00. Doghouse, clothing, housewares, tools, furniture, student desks, antiques odd & ends. Rain or Shine. 288-321-1274.

Garage Sale
3824 Delmar St. Ridgeway, Saturday August 22nd, 9AM-12PM.

Miscellaneous

GARRISON RD. ANTIQUES & FLEA MARKET
NOW OPEN Sat. & Sun. 10:30-8 2152 Garrison Rd. (Hwy KJ) 905-671-9384

MOVING SALE
940 Ridge Rd. Sat. Aug 22nd 8am-12pm. Lots of everything 40' alum. ladder, dump trailer & tools.

Miscellaneous

St. Vincent De Paul
36 Jarvis St. 905-871-0203
Used furniture, clothing & household items
Drop off between 10am - 4pm
(After hours drop offs disappear)
We will pick up large items
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24 Edward Ave. 8:00am - 7 Sat. August 22nd

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The Fort Erie Times
Routes Available

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Fort Erie
Bertie (near Hospital) - 45 papers
Radford, Malkin - 50 papers

Crescent Park
Grandview, Fairview - 43 papers
Ferndale, Parkdale, Orchard - 53 papers

Crescent Park
Grandview, Crescent - 67 papers
Buffalo, Orchard - 60 papers

Stevensville
Lower Coach, Old Mill - 82 papers - can be split

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Legals

**NOTICE TO CREDITORS
AND OTHERS**
In the estate of Silvia Medow, also Silvia Medow-Rosch, late of the City/Town of Fort Erie, in the Regional Municipality of Niagara, deceased. All claims against the estate of Silvia Medow-Rosch, also Silvia Medow, also Silvia Medow-Rosch, late of the Town of Fort Erie, in the Regional Municipality of Niagara, who died on or about November 17, 2014, must be filed with the undersigned personal representatives on or before September 17, 2015. Otherwise, the undersigned will distribute the assets of the said estate having regard only to the claims then filed. Dated the 26th day of August, 2015.

Richard S. Halabak, Executor
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Graduations

Graduations

CONGRATULATIONS
Robert, Robbie, and Stefan Barnhardt are visiting their father/grandfather in Fort Erie. Stefan, grandson of William "Bill" Barnhardt, is a recent graduate at the University of Groningen, having completed his master's degree with honors (Cum Laude). Stefan and Robbie are the great nephews of Jack and Grace Barnhardt, also of Fort Erie.

Death Notices

Death Notices

CULIG, Bob - formerly of Fort Erie, passed away at the Woodcroft Wing of the Welland Hospital on Tuesday, July 7, 2015. He leaves behind his loving wife, Olga, son Bob (Marl), daughter Kathy (Don), grandchildren Kayl and Denny. Funeral was held Saturday, July 11th in Welland.

When someone you love becomes a memory, the memory becomes a treasure.

In Memoriams

Remember Your Loved One!

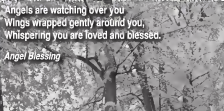


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Obituaries

Obituaries

Obituaries

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*When we're sad and lonely
 And everything goes wrong
 We seem to hear you whisper
 Cheer up and carry on
 And when we see your photo
 You seem to smile and say
 Don't cry...you know I love you.
 We will meet again someday.*

Loved always and forever,
 Lynda

Obituaries | In Memoriam | Thanks | Births | Celebrations | More

In Memoriams In Memoriams

CHESTER WELLS
 In Loving Memory of the greatest Father and Grandfather, who passed away 12 years ago August 24, 2003.

*You held our hands
 When we were small
 You caught us when we fell
 The hero of our childhood
 And the latter years as well*

*Every time we think of you
 Our hearts fill with pride
 And though we miss you
 We know you're by our side*

*In laughter and in sorrow
 In sunshine and in rain
 We know you're watching over us
 Until we meet again*

Loved always and forever
 Tammy, Jeff, Judy Ann and Kirstie

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You can now publish your obituaries and in memoriams online.

The guardian angels of life fly so high as to be beyond our sight, but they are always looking down upon us.

Jean Paul Richter

In Memoriam

A tribute to those we loved and lost.

10 THINGS ABOUT GOLF BALLS



There have been more than **5,000** patents granted for golf balls since the 1900s.

PGA golfers are not allowed to use two different types of ball in the same round. You must finish the round with the same ball you tee off with to prevent players from switching to balls geared to long distance, or higher-spin depending on the hole.

A legal ball should not weigh more than **1.62 oz.** A heavier ball has less wind resistance and may fly farther.

Golf balls were originally made of wood. From the 14th century until the 17th century, golfers would use balls made of beech or box trees.

The dimples on a golf ball create aerodynamic ability and help to launch them into the air. A ball without dimples would not fly as far.

A feathery was one of the first types of golf ball. It was a sewn leather pouch filled with chicken or goose feathers.

Spalding came out with the first two-piece ball in 1972. This was the first major improvement on the golf ball since 1898.

There are 3 types of golf balls: two-piece, multi-layered and high performance. Two-piece balls are beginner balls because they are created for distance and durability. A multi-layered ball has a softer cover and higher spin rates, designed to give intermediate golfers more control. Experienced, low-handicapped golfers will use high-performance balls that have high-spin and distance capacity.

The cover of a golf ball can be made of three different materials: Surllyn, Balata or Elastomer.

There are **336-500** dimples on a golf ball.

Where are they?

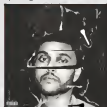
Somewhere on this page we've hidden 12 golf tees.

CAN YOU FIND IT?

Source: JPGA, golfwiz.com

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The Weeknd
- 2 Lean On
Major Lazer
- 3 Cheerleader
Omi
- 4 Fight Song
Rachel Platten
- 5 Renegades
X Ambassadors

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Fastest growing facebook pages (Canada, last week)



- 1 Taryn Maria
+108,657
- 2 Stephen Amell
+100,468
- 3 Fashion Style Mag
+91,091
- 4 Sunny Leone
+88,147
- 5 Drake
+85,265

Source: SocialBakers

IT'S A FACT:

Stephen Amell is an actor and occasional professional wrestler from Toronto, Ont. Watch for him as Casey Jones in the sequel to Teenage Mutant Ninja Turtles.

EMOTICON IT

Alfred Hitchcock





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